



Youth hero **Local Scout shows**

bravery in the face of danger and earns a distinguished honor among Scouts. See page 4.



Sacred hymns Milal choir celebrates New Year's blessings and lifts community in song. See page 6.



Musical duel Teenage musicians use competition to build German-American friendships. See page 9.

erald Union

Wiesbaden: Your home in Germany

Jan. 29, 2015

Living the dream

Middle School performance is real-life example of King legacy

Staff Sgt. Marshall R. Mason

5th Signal Command Public Affairs Office

Class was in session Jan. 22 for those attending the Martin Luther King Jr. remembrance event at the Wiesbaden Fitness Center

And the usual teachers adults—were getting schooled on the life and legacy of one of history's grandest proponents for civil rights.

Wiesbaden Middle School sixth-graders used a dramatic approach to teach more than 200 Soldiers and civilians a lesson on why celebrating the life and legacy of MLK is important to the progression of American society.

The pupils brought to life the manuscript "Letter from Birmingham Jail" that King penned in April 1963 to highlight the significant events in his life that shaped his character and led to the place he took in history books.

Christian Rodgers, a sixthgrader, was stoic and solemn, reading aloud the letter from behind makeshift jail cell bars on stage as his classmates performed various skits from historical moments of MLK's life.

And while the students delivered a fine production, acting out the scenes without much evident direction, a valued consultant was at their call in preparation for the big day.

"I actually grew up during the civil rights movement in Mobile, Ala.," said Dr. Susan V. Hargis, Wiesbaden Middle School principal. "So I know how important it is to teach MLK's message to the students through sharing actual accounts and stories from my generation's struggles."

The effort of King and many other civil rights activists continues on as the sacrifices and

See Living the dream on page 11



Photo by Staff Sgt. Marshall Mason

Christian Rodgers reads excerpts from the manuscript "Letter from Birmingham Jail" from behind a makeshift jail cell on stage in the Wiesbaden Fitness Center Jan. 22 during a program celebrating the life and legacy of Martin Luther King Jr.



Photo by Chrystal Smith

Changing the tone

Alina Dukes leads a class of willing participants in a free session of Body Tone at the Fitness Resolution Day fair at Wiesbaden Fitness Center Jan. 24. See page 8 for more photos.

Valid U.S. license required in Germany

German police authorities, particularly in the state of Rhineland-Palatinate, recently started to enforce a new policy concerning driver's licenses for $personnel\,of the\,U.S.\,Forces\,and$ their dependents.

According to this policy, the driver is only in possession of a valid license to operate a pri-

vately owned vehicle in German public traffic if in possession of a valid U.S. driver's license and a valid U.S. Forces certificate of license, commonly referred to as "U.S. Army Europe license."

If the U.S. driver's license has expired, the individual is considered to be operating the vehicle without license, regardless of a valid USAREUR license. In Germany, driving without license is a criminal offense.

This new policy is based on a recent unilateral change in interpretation of the German Supplementary Agreement to

See USAREUR drivers on page 3

Second thoughts

Hygge: One word on how to embrace winter

Commentary by Shayna Brouker U.S. Army Garrison Wiesbaden Public Affairs Office

I hated winter.

Just over a year ago this writer hailing from the perpetually sunny South for most of her adult life moved from San Antonio, Texas, to Wiesbaden in the dead of winter. I arrived on a glum, typically German Tuesday morning, the sky awash with low, heavy clouds. It remained that way for days; with no sunshine or blue sky, I felt oppressed, then depressed. I craved the sun like I crave chocolate — essential to my being.

I wish I had heard about *hygge*.

Pronounced HYU-gah, it is the (originally Danish) concept that, loosely translated at its most basic, means "well-being." It means embracing, rather than fighting, the long, dark days of winter. Danes don't let the winter doldrums get them down; in fact, they and other sub-Arctic people like the Swedes and Norwegians, consistently consider themselves some of the happiest people in the world, according to an an-



Hygge is warm feet by a fire.

nual United Nations World Happiness Report.

Hygge is taking advantage of darkness to spend quality time with loved ones, huddled around a fire, talking or playing games. It's a home-cooked meal or a soothing mug of hot chai tea after a brisk walk outside. It's a warm hug or your favorite soft sweatshirt. It's like having Christmas instead of Boxing Day in your heart.

In addition to physical comfort, it's a mental state — a sort of slowing down, appreciating the little things in life and taking time for reflection and introspection. In our constantly connected, wired and fast-paced society, perhaps we all could benefit from a little hygge.

Now, *hygge* practitioners should not discount the risk of seasonal affective disorder, or SAD, a mild seasonal depression that can strike even the sunniest of souls when the days are short and dark. Better believe I have my arsenal of anti-SAD supplies at hand: vitamin D supplements, a light therapy box and a pass to a spa to combat the cold that seeps into my bones. Combined with a hygge mindset, it could be the perfect winter remedy.

So, winter warriors, take a break from cursing the cold. Make a mug of hot chocolate, settle in with a book, write in your diary, cuddle with your furry friend, play Scrabble with your spouse or call your mom. Let *hygge* warm your heart and soul. With it, we can win at winter.

Ask the commander

Editor's note: Have something you'd like to share with the commander? Visit the garrison's Facebook page (Garrison Wiesbaden), send an ICE comment or contact the Commander's Hotline (click the Feedback link on the garrison home page).



Col. Mary Martin, U.S. Army Garrison Wiesbaden commander

Boy Scouting Karen L. wrote:

I am writing in regards to my concern regarding the future of scouting in the Wiesbaden community. My son is a member of Boy Scout Troop 65 and was a member of Pack 13, before that. Scouting has been an invaluable experience for him in every way. Scouting has played an important part of the American military community in Europe since the end of WWII. It continues to give boys and girls opportunities for positive growth and development and makes them better members and potential leaders of society. There are currently approximately 500 boys and girls involved in scouting here, making it the largest single extracurricular activity. Scouting supports families during times away from home and deployments in ways few other organizations can. We have been informed that we will, once again, lose our Scout Hut in the summer of 2015 due to base renovation and construction. The options that we have been given as possibilities do not meet our needs at any level and would jeopardize continued scouting for Wiesbaden boys and girls.

Response: Thank you for your note referencing Troop 65. We are very aware and appreciative of the tremendous value that scouting brings to our community and are actively exploring relocation options for next summer. When the Scouts were moved

from Aukamm to Hainerberg, it was communicated then that the Hainerberg quarters were temporary and would be demolished at a time to be determined in the 2014/2015 timeframe. The demolition is necessary to make way for badly needed

new schools in Hainerberg. The demolition contract must start in July. We are looking at converting space in Crestview Housing to scouting for administrative and storage purposes. There are also plans to provide general purpose meeting space open to all in the area of the current Exchange (after renovated) once the new Exchange opens. Thanks for all you do for scouting and our Wiesbaden community.

Bulk trash pick-up

A question from an anonymous community member: The last two times that bulk trash should have been picked-up in housing it did not happen. When can we expect bulk trash pick-up to resume? We have to dispose of an old couch and we don't own a truck so we don't want to just put it out by the road and wait. I called DPW twice but it's really not their responsibility. It's our trash but when can/will

the trash pick it up? Thank you.

Response: Beginning in FY15, the IM-COM standard for bulk trash pick-up is only quarterly. The

last bulk trash pick-up was held at the beginning of January. Residents also have the possibility to use City or Garrison Recycling Centers. Find more information at www.wiesbaden.army.mil/sites/directorates/refusePickupSchedules/ RecyclingCenters2014.pdf. The next bulk trash pickup day is April 17.

Leash law

Scott V. said: Several German nationals use the playgrounds and walk their dogs around Crestview housing. However, many of them do not leash their dogs. Signs, in German, need to be posted at all of the entrances to Crestview stating that all dogs must be on a leash. This statute should also be strictly enforced. Any incidents can be avoided in the future with a few signs and enforcement.

Response: Scott, I understand your concern for the safety of the children and some adults around unleashed dogs; an incident with a dog in my youth impacted my feelings about loose dogs, too. While I like dogs, not all dogs are trained to be around lots of people, and one bad incident with a dog can cause life-long trauma to a child. Our housing regulation states that our residents must keep their dogs on a leash at all times, and also that dogs are not allowed in the playground area. This is enforced by the Military Police. I realize that German citizens occasionally walk through the housing areas and use the parks (for casual engagement with their U.S. guests), but they may not be aware of these

rules for military housing residents. I will see to it that our Directorate of Public Works teammates post applicable signs in the housing areas so that residents

and park patrons can be at ease while enjoying their home in Germany. Thank you for bringing this to our attention, and for opening our eyes to the big picture of community safety.

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News and features

News flash

Finance office closure

Finance office will be closed Jan. 29 for training. The office will resume its normal hours of operation Jan. 30. Call mil 337-6518 for immedi-

Verify vehicle registration

The Directorate of Emergency Services has experienced a high volume of occurrences of drivers failing to reregister their vehicles in a timely manner. Vehicle owners are reminded to check the expiration date on the vehicles registration documents to ensure the registration is still valid. In order to renew a vehicle's registration, a vehicle must meet all requirements to pass inspection. It is the owner's responsibility to keep the vehicle's registration current, which includes accomplishing necessary maintenance to keep the vehicle operable. Various options for registering or de-registering a vehicle are possible. Visit www. wiesbaden.army.mil/sites/directorates/Vehicles/ InfoPaperU.pdf for more information. Contact Vehicle Registration Office at mil 548-7819 or 7812 or civ(0611) 143-548-7819 or 7821 to schedule an appointment.

Tax Center opening

The Wiesbaden Tax Center is set to open its doors Feb. 2 at 1 p.m. in the Tony Bass Multi-Use Center Clay Kaserne Building 1043 (second floor) of. Walk-in hours are 9 a.m. to 4 p.m. Monday, Tuesday, Wednesday and Friday; and 1-4 p.m. on Thursday. Call mil 537-0690 or civ (0611) 143-537-0690 to schedule an appointment.

New CAC ID process for NAF employees

Army Non-appropriated Fund civilian employees are no longer required to visit their Civilian Personnel Advisory Center before renewing their CAC cards. They can go directly to their ID card section. This only applies for Army ID card facilities. If you chose to obtain a CAC from a non-Army ID card office you will be required to obtain a DD Form 1172-2 (application for identification card/DEERS Enrollment). Find more details at https://wu.acpol.army.mil/eur/automation/NAF CAC ID Process.pdf

Special performance of 'Blue Door'

The Installation Equal Opportunity Program teams up with Amelia Earhart Playhouse to present a special performance of "Blue Door," which will be presented in honor of African American Heritage Month, Feb. 8 at 7:30 p.m. in the Tony Bass Auditorium. The production will be performed by KMC Onstage and directed by Nate Records. Parental guidance is recommended due to strong and possibly offensive language. Purchase tickets on line or at the door, as prices vary. Call (0611) 143-548-9812 for more information.

Retiree reenrollment at clinic

The Wiesbaden Army Health Clinic can again offer health care services to retirees in the nearby area, and health care providers are seeking to reenroll approximately 300 retirees into its healthcare system by June 1.

EEO: Helping work force navigate through informal complaint process

By Chrystal Smith U.S. Army Garrison Wiesbaden Public Affairs

If the world were inhabited by only robots, prejudice and injustice wouldn't be a concern.

But in a not-so-black and-white world the combination of ignorance and difference often yields incidents of inequity, bias or unfairness.

Fortunately for civilians employed with the U.S. Army the Equal **Employment Opportunity** Office is in place to help when human programming is a bit flawed.

"My primary concern is to ensure employees know that EEO is here to help the workforce understand Federal law and to make certain the work environment stays free of unlawful discrimination," said Ron Vitiello, U.S. Army Garrison Wiesbaden Equal Employment Opportunity Officer. "It's important that employees be familiar with the purpose of the EEO Office and what the process is for filing an EEO complaint."

The governing regulation, Army Regulation 690-600 Equal Employment Opportunity Discrimination Complaints, sets policies and procedures filing, processing, investigating, and settling complaints of discrimination. It implements federal law and the regulations of the Equal **Employment** Opportunity Commission.

The first step in the complaint system is the filing of an informal complaint of discrimination. The aggrieved must contact the EEO office within 45 calendar days of the adverse action or alleged discriminatory event giving rise to the complaint. If the matter is not a specific action, but an ongoing policy or practice, it must have been in effect within 45 calendar days of contact with the EEO official.

The complainant must demonstrate that she or he has been adversely affected, and have a reason to believe that the adverse action is because of race, color, religion, sex (gen-



Photo by Chrystal Smith

Ron Vitiello talks to a customer in the Equal Employment Opportunity Office on Clay Kaserne Jan. 23.

der), age — 40 or above, national origin, disability — mental or physical, genetic information or

Any current or former employee, or applicant for federal employment who feels he or she has been discriminated against may file a complaint.

"Because our goal is to resolve all issues at the lowest possible level, Alternative Dispute Resolution may then be the appropriate venue," said Vitiello.

The preferred method of ADR in the Army is mediation. Participation in mediation is voluntary for the aggrieved person and mandatory for the designated management official. The aggrieved person may terminate mediation at any time. The mediator has no authority to make decisions on issues raised or act as an advocate or attorney for either party.

The aggrieved person has the right to representation during the EEO process. "That includes the entire EEO process," said Vitiello.

Visit www.wiesbaden. army.mil/sites/installation/eeo.asp for more information on the complaint process and other equal employment matters, or contact the Equal **Employment Opportunity** officer at mil 548-2201.

USAREUR drivers

Continued from page 1

the NATO Status of Forces Agreement by host nation authorities. The U.S. Forces dispute this new interpretation, and have raised the matter via the U.S. Embassy in Berlin to the German Federal Government. However, U.S. Forces authorities currently have no control over the application of this policy by the German authorities.

U.S. Forces personnel in Germany should be aware of the present situation. If possible, those who have a U.S. state driver's license should ensure it is valid and renewed in a timely manner. Some states offer renewal via mail or online. Military and civilian personnel, as well as family members, should check with



According to the newly enforced interpretation, the USAREUR license is not valid unless the holder also possesses a valid driver's license from the United States.

the issuing state authorities whether being stationed abroad provides for an automatic extension of their state driver's licenses. If an automatic extension is provided, a hard copy of the rules should be kept available in case of a traffic control by German police.

If the U.S. state license has expired, and an automatic extension is not available, the safest course of action is not to operate privately owned vehicles in German public traffic until the current dispute regarding the validity of expired U.S. state licenses under the applicable international agreements has been resolved with the German Federal Government.

U.S. Forces personnel who have been charged for driving without a license should contact the local legal office for assistance. (Submitted by U.S. Army Europe Public Affairs Office)

News and features

From the blotter

Compiled by the U.S. Army Garrison Wiesbaden Directorate of Emergency Services

Jan. 12

Failure to obey order or regulation: A civilian is being charged with failure to obey order or regulation owning an unregistered vehicle.

Assault: A family member is being charged with assault consummated by a battery and simple assault.

Jan. 13

Failure to obey order or regulation: A civilian is being charged with failure to obey order or regulation: owning an unregistered vehicle.

Jan. 14

Assault: A Solider is being charged with assault consummated by a battery.

Jan. 15

Traffic accident: A civilian is being charged with a traffic accident: Improper backing causing property damage.

Traffic accident: A family member is being charged with a traffic accident: Following too closely causing property damage.

Traffic accident: A Solider is being charged with a traffic accident: Inattentive driving causing property damage.

Jan. 16

Traffic accident: An NCO is being charged with a traffic accident: Failure to judge proper clearance causing property damage.

Traffic accident: A family member is being charged with a traffic accident: Improper backing causing property damage.

Jan. 17

Traffic accident: An officer is being charged with a traffic accident: Failure to clear the rear causing property damage.

Failure to obey order or regulation: A noncommissioned officer is being charged with failure to obey order or regulation: Owning an unregistered vehicle.

Traffic accident: An NCO is being charged with a traffic accident: Failure to yield the right of way.

Jan. 18

Traffic Accident: A family member is being charged with a traffic accident: Improper backing causing property damage.

Traffic Accident: A civilian is being charged with a traffic accident: Improper backing causing property damage.

Jan. 19

Assault: A Soldier is being charged with assault consummated by a battery and domestic violence.

Jan. 20

Traffic Accident: A Soldier is being charged with a traffic accident: Failure to set parking brakes.

Jan. 2

Assault: Two civilians are being charged with assault consummated by a battery.

Traffic Accident: An officer is being charged with a traffic accident: Failure to set parking brakes.

Traffic accident: A family member is being charged with a traffic accident: Following too closely causing property damage.

Traffic accident: An NCO is being charged with a traffic accident following too closely causing property damage.

Local Scout recognized for heroism

By Bill Heiges
Special to the Herald

Oct. 8, 2013 was a normal day at home for Micah Heiges.

But a life-halting scream from the kitchen caused the then third grader to leap into action.

And while the 8-yearold was merely responding to his mom's urgent need, his actions under pressure earned him a distinction among his scouting brethren.

On Jan. 15 in a special court of honor, Heiges, a Webelos I Scout, was presented the Medal of Merit — Boy Scouts of America's third-highest award for bravery — before about 70 friends, family and community members.

On that day in October, his mother, Pia Heiges, was boiling a large pot of water in the kitchen of their Wiesbaden home and as she attempted to move the pot it fell from the stove onto her legs.

"I'm always so careful when in the kitchen, especially with three young ones in the house," said his mom. "It took me a few seconds to realize what happened and then it starting hurting really bad."

Micah said, "I didn't know what was going on when I heard my mom scream so I ran to the kitchen as fast as I could."

As he retold the events that unfolded that day, he said he saw his mother removing her pants to reveal red blistering skin.

"I thought she must have been hurting badly," he said

How he responded in the next moments is what earned him the noble scouting honor.

He said he helped her up and gother to the shower and "turned the water on to a cool temperature" and lightly sprayed over the area of injury. He then went to grab the phone so his mother could call for help.

He said his reaction was merely a result of his wanting to help his mother who was obviously in serious pain.

The medical team at the hospital treating his mother said Micah's actions helped her tremendously.

"It is amazing that an 8-year-old had the composure to react to such an event," said Dr. Robert Schloesser, a distinguished Eagle Scout who hosted the court of honor.

The Medal of Merit is presented for the performance of service well above what is expected of all scouts and scouters in their daily lives and which impacts others to a high degree. The Medal of Merit may be awarded to a youth member or adult leader who has performed



Photo by Regina Bloxom

Micah Heiges is congratulated by Dr. Robert Schloesser during the special honor court Jan. 15 in the Hainerberg Chapel.

some outstanding act of service of a rare or exceptional character that reflects an uncommon degree of concern for the well-being of others.

Tony Dvorak, assistant scout executive for the Transatlantic Council located in Camp Darby, Italy, presented Micah the medal and certificate.

"I've been associated with scouting since 1979 and this is only the second time I've seen an award for bravery presented," he said.

Pia Heiges has since made nearly a complete recovery thanks to the care and treatment both at Horst-Schmidt-Klinik in Wiesbaden and the Landstuhl Regional Medical Center.

The award citation noted that "Micah's actions reflected greatly upon himself, Pack 13, the Transatlantic Council and the Boy Scouts of America."

Bead on partnership

German Bundeswehr
Soldier Master Sgt.
Markus Hochner takes
aim with an M9 pistol
during training in the
Engagement Skills
Trainer simulator Jan. 15
at the Clay Kaserne facility. The Soldiers practiced firing the weapon
in preparation for a
live-fire range activity
that took place Jan. 27
with the 5th Signal Com-

mand. Photo by Staff Sgt. Marshall Mason



News and features

Exercise Allied Spirit I: Training to support Strong Europe

In support of "Strong Europe," U.S. Army Europe is conducting Exercise Allied Spirit I at the Joint Multinational Readiness Center in Hohenfels, Germany, Jan. 12-31.

Strong Europe conveys the framework of relationships, capabilities, infrastructure and exercises that assure access for the Army and U.S. interests.

Exercise Allied Spirit includes more than 2,000 participants from Canada, Hungary, Netherlands, United Kingdom and the U.S. Allied Spirit is exercising tactical interoperability and testing secure communications within alliance members.

The purpose of the exercise is to conduct multinational training as well as improve allied interoperability and cooperation between U.S. and NATO forces.

The training Soldiers experience in exercise Allied Spirit is a manifestation of the commitment of the U.S. Army and our allies to NATO, said Lt. Gen. Ben Hodges, USAREUR commander.

"This exercise illustrates the value of America's forward-stationed land forces and the value of the training facilities at Grafenwoehr and Hohenfels. It is a vital part of 'Strong Europe,'" he said.

The exercise's end state is that the training audience demonstrates proficiency in executing unified land operations while simultaneously emphasizing a multinational team partnership through the use of interoperable systems. (Submitted by the 7th Army Joint Multinational Training Command Public Affairs Office)



Photos by Spc. Tyler Kingsbury



Photo by Pvt. Courtney Hubbard

A Dutch soldier, Bravo Battery, Fire Support Battalion, returns fire during exercise Allied Spirit.

U.S. Soldiers of 4th (Saber) Squadron, 2nd Cavalry Regiment, stationed in Vilseck, Germany, conduct a medical lane during exercise Allied Spirit at the **Joint Multinational Readiness Center** in Hohenfels, Germany Jan. 16. Photo below: Canadian Capt. David Wilson of 3rd Battalion, The Royal Canadian Regiment provides security during the exercise Jan. 16. U.S. Army Europe conducts more than 1,000 theater security cooperation events in more than 40 countries each year. To see more photos of the exercise, visit https:// www.flickr.com/photos/7armyjmtc/ sets/72157650324072835/.





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$\pmb{USAG\ Wiesbaden}-\textit{Wackernheim},\textit{Wiesbaden}$

The Milal Missionary Choir

The Milal Missionary Choir brought the community together and the house down to celebrate the New Year's blessings with world-class sacred music Jan. 24 at Hainerberg Chapel. About 100 professional and trained musicians, which included a children's choir, from Frankfurt, Munich, Hamburg, Hannover, Köln, Bonn,

Wiesbaden, Mainz, Darmstadt, Trossingen, Mannheim, Luebek, and Karlsruhe gathered in harmony to perform for the military community. The concert marked the sixth time that the allvolunteer choir performed at the invitation of the **U.S. Army Garrison** Wiesbaden chaplaincy.

Photos by Elaine Wright











Understanding difference of adult crimes according to UCMJ

By Capt. Bridget Karns Wiesbaden Legal Center

Before taking the advice of a so-called "barracks lawyer," take a few moments to better understand Uniformed Code of Military Justice Article 120. The crimes of rape and sexual assault differ in the military from what is shown in the media, TV shows and even from what friends may tell vou.

The purpose of this article is to give a simple explanation of the offenses to clarify any false impressions or confusion regarding the crimes within Article 120, Adult Crimes.

Article 120, Adult Crimes includes rape, sexual assault, aggravated sexual contact and abusive sexual contact. For this discussion, these crimes are divided into two categories, assault and contact.

The assault category includes the crimes of rape and sexual assault. The contact category includes the crimes of aggravated sexual contact and abusive sexual contact.

Assault

Rape is the most severe of the conduct of the offender and circumstances of a forcible sexual act. A sexual act

can be anything that includes the touching or penetration of the private areas of the victim. Assault occurs when the offender's force causes or is likely to **Graphic illustration by Jasmine Mimms** cause death or serious

bodily harm to the victim. This includes but is not limited to rendering a victim unconscious through force; giving him or her a substance that impairs his or her abilities to make decisions or speak; or restraint

The force does not have to be physical. Force can also be the act of threatening or placing the victim in fear that any person will be subjected to death, grievous bodily harm, or kidnapping if the victim does not submit to the sexual act. The victim does not have to resist the offender.

Sexual assault occurs when one uses fear, bodily harm, fraud, or knows or reasona b l v should have

known

that person could not consent. That means that if the offender knew or the circumstances are such that the offender should have known the victim would not or could not say yes to the

sexual act, there is no consent. Such a circumstance could include any number of factors, to include but not limited to, impairment by drugs, alcohol, or other similar substance; or a mental disease, physical disability or other limitation that would affect the victim's ability to consent to the sexual act.

Contact

The contact category includes aggravated sexual contact and abusive sexual contact. Aggravated sexual contact is the most severe in terms of the conduct of the offender and circumstances of the contact.

Abusive sexual contact is less severe in terms of conduct of the offender and circumstances of the contact. These crimes occur when the offender touches, or causes

another person to touch the private areas of a victim for the purpose of abusing, degrading or humiliating any person. The touching can occur directly or through clothing to be considered contact, and by any part of the body of the offender. These contact crimes can also occur when the offender touches, or causes another person to touch any part of the victim for the purpose of sexual gratification of the offender or any person.

Understanding UCMJ Article 120 will help Soldiers recognize dangerous behaviors, as well as provide support if you or anyone they know has been a victim of these crimes. Contact Capt. Bridget Karns for more information at bridget.a.karns. mil@mail.mil.



50 Years in business

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USAG Wiesbaden – Wackernheim, Wiesbaden



hotos by Chrystal Smith

Tommy Davenport realizes he took on more than he could handle after challenging Sharon Baptiste-Mason to modified planks during a session of Body Tone during Wiesbaden Fitness Center's Fitness Resolution Day Jan. 24. Participants were treated to free workout sessions and other wellness and fitness resources and offerings in the area.

Fitness Resolution Day 2015





Many were out sweating, squatting, pedaling and pumping to participate in Wiesbaden Fitness **Center's Fitness Resolution Day** Jan. 24. Find more information about Wiesbaden Sports and Fitness at http://wiesbaden. armymwr.com/europe/wiesbaden/ programs/claykaserne-fitnesscenter/.



Sarah Cassella discusses various resources available through the Wiesbaden Army Wellness Center with fairgoers near the organization's table at the Wiesbaden Sports and Fitness event Jan. 24.



Bronwen Pence performs a bicycle crunch as she leads participants through a free session of Cardio Pump, one of the featured fitness classes during the Fitness Resolution Day event.

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Composer Slam: Making music with friends

Story and photos by Shayna Brouker U.S. Army Garrison Wiesbaden Public Affairs Office

They say that food brings people together. Music is a close second.

American and German Wiesbaden musicians proved this true, bridging gaps and making music with their German peers during the first Composer Slam competition at Wiesbaden High School Jan. 23. Student bands from Martin-Niemöller-Schule and WHS took to the stage in a battle to be crowned the best band. Scarves won over the crowd and judges and claimed the victory with their original, eclectic improv jams.

But it was more about the process of putting together such a competition that left a mark on the competitors and event organizers.

"I made some really great friends," said Melanie Weber, a WHS sophomore who moderated the event in English. "It was a great way to bond with the community."

Other bands included Ason,

a group of four sisters ranging in age from 12 to 20 years, with Swedish and German roots, and Waldorff Schule.

Col. Mary Martin, U.S. Army Garrison Wiesbaden commander, served alongside two high school music teachers and students as a judge.

"I thought it was a great program to help kids get involved with the community and grow German-American friendships," she said. "Many of the kids I talked to had leadership

Composer Slam was the joint project of the two schools, and part of the Wiesbadenwide Leonardo Project. They are competing in the "Ideas for Wiesbaden" category of Leonardo Project 15, proposing that a similar event is hosted annually on a rotating basis. The team will present its complete concept to the Leonardo jury in the springtime.

The joint project will collaborate on another music event, Jam On, to be held March 20. For Jam On ten different schools are expected to make presentations.



Members of the band Ason perform their original song "Take Me Away," inspired by trayel throughout Europe with their family.



The winning band, Scarves, won over the audience with an innovative blend of reggae-like riffs and smooth sounds.

LICENSED GM WARRANTY REPAIR

GM PROFI GmbH Anton Hehn Strasse 09 55246 Mainz Kostheim-Kastel









You Tube

info@colemanaeroclub.com

Bldg.6209 McCully Barracks

Community notes ... Community notes

USO seeks volunteers

USO is seeking volunteers to help with various programs around the Wiesbaden military community. Volunteers must be 18 and older and possess a Department of Defense ID card. Go to www.usovolunteer.org to apply. Contact the USO Rhein Main volunteer coordinator at mil 548-5103 or civ (0611) 143-548-5103.

Community open house

U.S. Army Garrison Wiesbaden will host the 2015 Spring Community Open House at the Wiesbaden Fitness Center on Clay Kaserne March 3. A variety of programs and services will be on display on the main gymnasium floor to enlighten fairgoers of the numerous support offerings available in the community. The fair provides a full array of community information and static displays, fostering community social awareness consisting of garrison agencies, private organizations and military support agencies such as Scouting, USO, Red Cross and the spouses' club.

Learn to save a life

Red Cross offers Babysitting and Pediatric CPR Feb. 6-7 and Blended First Aid/CPR/AED Feb. 11 from 5:30-8 p.m. Contact Red Cross at mil 548-1760 or civ (0611) 143-548-1760 or *email wiesbaden@redcross.org* for more information.

BOSS gets busy

Wiesbaden's Better Opportunities for Single Soldiers features free BOSS movie night Mondays at 6 p.m. Call civ (0611) 143-548-9815 or stop by the Warrior Zone on Clay Kaserne for more information.

Tech expo

The 5th Signal Command hosts a technology expo Feb. 3 from 10 a.m. to 2 p.m. in the Tony Bass Multi-Use Center to give community organizations and units an opportunity to see some of the latest in emerging technologies, network with industry experts and share ideas and future goals. Attendees can view live demonstrations and presentations from a variety of companies.

Reconnection workshops

The Wiesbaden American Red Cross offers free and confidential reconnection workshops for military families going through redeployment. Workshops address communicating clearly and focus on topics such as exploring stress and trauma, identifying depression, relating to children and working through anger. For information about holding a workshop for your family or group call the Red Cross at civ (0611) 143-548-1760, email wiesbaden@redcross.org or stop by the office in Building 1206 on Clay Kaserne

Traffic changes on Texas Strasse

The traffic pattern on Texas Strasse in Hainerberg Housing has changed. On school days the section of Texas Strasse between Mississippi Strasse and Florida Strasse is closed to traffic from 7 a.m. to 3:30 p.m., except for school buses. All other times of the day/week. Texas Strasse will be one-way only from the intersection of Mississippi Strasse to Virginia Strasse. This change is necessary to alleviate safety concerns on this constricted portion of the street.

Upcoming CIE

The next Community Information Exchange format will be held Feb. 24 in the Community Activity Center 9:30 a.m. Follow it live from Garrison Wiesbaden Facebook page.

Fellowship, Bible study

The Protestant Women of the

Chapel host fellowship, worship and Bible study every Tuesday from 9-11:30 a.m. and 6-8 p.m. at the Hainerberg Chapel. Child care is provided.

Welfare grants

Do you belong to a private organization in the Wiesbaden community that is in need of funds for a worthy cause? Consider applying for a Wiesbaden Community Spouses Club welfare grant at http://wiesbadenspousesclub.com/welfare_grants. For more information send an email to welfare@wiesbadenspousesclub.com.

Car seat checkups

The Family Advocacy Program holds car seat checkups the last Tuesday of the month from 11 a.m. to 1 p.m. at the Wiesbaden Entertainment Center parking lot. Call civ (0611) 143-548-9201 to register.

Sponsorship training

Soldier and civilian sponsorship training is held the third Thursday of every month from 1:30-2 p.m. at the Education Center on Clay Kaserne (Classroom 8).

Youth of the Chapel

The High School Outreach Club meets Mondays from 5:30-7:15 p.m. The Middle School Outreach Club meets Tuesdays from 3-4:30 p.m. and a Bible Study group meets Wednesdays from 5:30-7:30 p.m. The clubs and groups meet in Building 7750 in Hainerberg Housing.

Breastfeeding support

Nursing babies, mothers and mothers-to-be are invited to the La Leche League meetings held on the fourth Friday of the month (the third Fridays in November and December) at 10 a.m. at the USO Cottage in Hainerberg Housing. Call Carol at civ (06257) 942 869 or email carol.hunter@lalecheliga.de for more information.

Host nation orientation

All service members, civilians and family members are invited to attend one of the host nation orientations to pick up tips on the culture, language and ways to get around Wiesbaden. The orientations are held every Tuesday from 9 a.m. to 4 p.m.

and start at the Wiesbaden Entertainment Center (upstairs). Bring Euros for lunch.

Mainz-Kastel breakfast

Charley's Steakery at the Mainz-Kastel Storage Station food court is now offering breakfast Monday to Friday from 7:30-10:30 a.m.

Become a Cub Scout

Are you a boy entering first through fifth-grade interested in having fun? Cub Scouting is a fun and exciting activity for boys aimed at building character and citizenship while developing personal fitness. Email *pack65wiesbaden@googlemail.com* for more information about Scouting opportunities with Pack 65.

Famous Toastmasters Club

Enhance your career by developing your speaking and leadership skills at the Famous Toastmasters Club in Wiesbaden. Meetings are the second and fourth Thursday of the month at 7:45 p.m. in the Restaurant Alt-Wiesbaden (Kurt-Schuhmacher-Ring 17, 65197 Wiesbaden). Visit www. famous-toastmasters.de for more information.

Thrift Shop donations

The Wiesbaden Community Spouses Club's Thrift Shop accepts donations during operating hours only. Items should never be left outside the shop when it is closed.

Extended center hours

The Recycle/Re-Use Center located on Clay Kaserne now has extended hours. In addition to the center being open Monday to Friday from noon to 3:30 p.m. and Thursday noon to 6 p.m., the center is now open every second Saturday of the month from 10 a.m. to 4 p.m. For more information call the center at civ (0611) 705-9999.

Counseling available

Are you a member of the 66th Military Intelligence Brigade Family and need to talk to a chaplain? Stop by the Clay Chapel Counseling Center Fridays from 1-3 p.m. for a completely confidential session. Call civ (0611) 705-5823 for details.



Photo by Shayna Brouker

Aviation mechanics

Pfc. Trevor Dixon, a crew member with the 1st Battalion, 214th Aviation Regiment, works to repair a General Electric 1975 horse power turbine engine from one of the unit's Blackhawk helicopters Jan. 22.

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Living the dream ...

Continued from page 1

suffering of that period in American history inspires the 11- and 12-yearold players to dream of their futures.

Rodgers said reading in front of so many people made him a little nervous, but he didn't shy away from sharing his thoughts on why celebrating MLK is so important.

"I want to be a Supreme Court Justice one day and learning about the life of MLK taught me the importance of having a voice."

The guest speaker, Michael Bartelle, vice president of overseas operations for Andrews Federal Credit Union and a retired command sergeant major, admitted during his speech that his first memory of MLK was when he was seven years old.

"My first memory of Dr. King was during the unfortunate circumstance of his assassination," said Bartelle. "As a seven-year-old, I had no knowledge of the man, but over time and through education, the life of this great American was indelibly placed into my psyche."

And while the play followed the scripting of the Birmingham letter, the production was the by-product of America's civil rights triumphs and it embodied the cultural diversity and equality that Dr. King fought so hard to obtain for all Americans.

"I have a dream that my four little children will one day live in a nation where they will not be



Wiesbaden Middle School students dramatize a scene from Martin Luther King Jr.'s life during the celebration of the civil rights leader's life and legacy at Wiesbaden Fitness Center Jan. 22.

judged by the color of their skin but by the content of their character," as said by King on the steps of the Lincoln Memorial monument in Washington, D.C. in August 1963.

Sgt. Maj. Willie T. Grandison, 5th Signal Command G1, recited a moving rendition of a poem entitled "Wake Up the Dream" and received a standing ovation.

Still, it was the students' performance that provided the most profound message honoring MLK on this day.

This group of 16 culturally diverse sixth-graders performing on stage together provided an illustrative testament of the civil

rights leader's legacy.

The ceremony, which was hosted by 5th Signal Command, was designed to honor the iconic leader for the many accomplishments he made toward procuring civil rights and racial equality for all Americans.

According to Col. Jimmy L. Hall Jr., commander of the 5th Signal Command, Dr. King's life exemplified so many of the values shared by the U.S. Army.

"The Army has been a strong proponent of Dr. King's legacy as an institution and through the individual actions of Soldiers and civilians," said Hall.



Photos by Michael Coleman

Making way for the new

Demolition of the older academic buildings on the Wiesbaden High School campus is making way for the construction of the new high school facilities that are scheduled to be completed by 2017, and will transform the Hainerberg Housing area.



Schoolbits

EMT certification through CTC

Central Texas College is now offering the Emergency Medical Technology certification program in Wiesbaden. Contact the representative for more information at mil 548-1307 or civ (0611) 143-548-1307 or email *wiesbaden*@ europe.ctcd.edu.

UMUC news

University of Maryland University College will be offering the masters business administration program in Wiesbaden in the spring. UMUC gives students a chance to meet the director of UMUC Europe's graduate programs, the MBA program experts and advisers Feb. 4 from 11 a.m. to 3 p.m. at the Soldier for Life Center in Clay Kaserne Building 1023E, Room 284. Contact the UMUC team for more information at mil 548-1316 or civ (0611) 143-548-1316 or email wiesbaden-europe@umuc.edu.

School holidays

There is no school for students on Feb. 13, and school is closed Feb. 16 for Presidents Day.

Dental Clinic Art Contest

The Dental Clinic is holding an art contest for elementary school-age children in the community to highlight the theme of "Healthy Teeth, Happy Children." The deadline for submission is Feb. 12; winners will be announced Feb. 20. Visit www.wiesbaden.army.mil/sites/services/ medical dental.asp for details.

Aukamm information

Parent-teacher conferences will be held Jan. 30; When a child has to be absent, the parent should contact the school by phone or email before 9 a.m.

Hainerberg highlights

Parent-teacher conferences are Jan. 30. The Parent Teacher Organization hosts a pizza and movie "date night" for parents and children Feb. 20 in the old and new multi-purpose rooms.

Terra Nova testing

All schools will participate in testing March 9-14; test make-ups will be held March 16-20.

Bright Eyes program

Eligibility for this program has been extended for the remainder of the school year to those who qualify for the free and reduced lunch program. The Wiesbaden Community Spouses Club sponsors the program, which provides eveglasses to children in need. Contact the school liaison officer, at mil 548-9305 or civ (0611) 143-548-9305.

Family Advisory Board

The next Parent Central Services Family Advisory Board meeting/Parent Education Class will be held Feb. 19 from 4:45 p.m. to 5:30 p.m. in the Directorate of Family Morale, Welfare and Recreation Conference Room in Hainerberg Housing Building 7790.

Sports and leisure

By Donald Seltzer Volksmarching Editor

Take a hike: A guide to volksmarching in the Kaiserslautern/Wiesbaden area

6 and 8 toward Saarlouis and Merzig and exit at Rehlingen (7). Use secondary roads through Siersburg to reach Eimersdorf.

The calendar for volks-

marching in Germany, Terminliste 2015, is available for €3 in the start hall at most events. This useful booklet lists dates, locations, points of contact and other information for each of the scheduled events in Germany. Also provided is an extensive list of permanent trails.

New this year, and replacing the worldwide IVV calendar, is the IVV-Europa 2015 Calendar. This

volksmarching calendar provides event information in 19 European countries, to include Germany, and is available for €10 from the DVV Awards Officer.

Got a comment? Found something you'd like to correct? Want to change 'unknown' to a useful trail description? Write me at volksmarch@gmail. com with the subject "Feedback."

The postal code is included in the listings for readers using navigation devices. Autobahn exit numbers are being added for those without such devices. Look for additional event choices at www.wiesbaden. armv.mil/hunion/Takeahike.htm.

Take a moment to grab a set of brochures from the Werber table and send them via no-cost MPS to Donald Seltzer, PSC 2 Box 10684, APO AE 09012.

leinich/Hunsrück (54483) — This event is

Weekend of Jan. 31-Feb. 1

north-northwest of Idar-Oberstein and fairly accessible to volksmarchers in other locations. From Wiesbaden and points east, use Autobahns 60 toward Bingen and 61 toward Koblenz, then exit at Rheinböllen (45). Follow B-50 past Simmern, Kirchberg, and Hahn Airport to reach a minor road at Hochscheid that leads to Kleinich. From Baumholder, head toward Neubrücke via minor roads to reach B-41/B-269. Head north through Birkenfeld to connect with B-327 toward Hahn Airport. Take the minor road at Hochscheid to the start at Kleinich. From the KMC, use Autobahns 6 toward Saarbrücken and 62 toward Trier, and exit at Birkenfeld (4). Take B41/B-269 north to Morbach and B-327 toward Hahn Airport. Use the minor road at Hochscheid to reach Kleinich.

Start: Gemeindehaus at Orts Strasse 53 Saturday and Sunday: 8 a.m. to 2 p.m. (6, 10 and 15 km) Trails: Hilly, wooded aread Award: From previous events.

Weekend of Feb. 7-8

urstel, France (67320) — This Sunday volksmarch, found southsoutheast of Saarbrücken, is reached relatively easily by autobahn. From the KMC, use Autobahn 6 past Saarbrücken and into France where it becomes A32. Connect with the A4 toll road toward Strasbourg

and use the Sarre-Union exit (43). Head south on D1061 toward Phalsbourg, then use a minor road (D95) through Gungwiller and Bettwiller that leads to the start at Durstel.

Start: Salle Avenir Sunday: 8 a.m. to 2 p.m. (10 km) Trail: Unknown Award: None

Weekend of Feb. 21-22

othenburg ob der Tauber (91541) — This walk explores the medieval walled-city of Rothenburg. The Saturday-only old-town walk offers a mini-tour of its many shops and sights. The outside trails, including a half-marathon distance, are a great choice if you've already experienced the old-city trail. It's crowded but not overwhelming; parking is plentiful. In conjunction with this special walk discounts on admission are offered by a number of museums and attractions by showing your IVV start card. From Wiesbaden, use Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim in order to reach Rothenburg. Alternately, Autobahns 3 and 7 via Würzburg and Kitzingen may be used. From the KMC, use Autobahns 6 and 7 past Mannheim, Heidelberg, Heilbronn and Crailsheim in order to reach Rothenburg.

Start: Sporthalle at Erlbacher Strasse 5 Saturday: 7 a.m. to noon (11 km old city trail) Sunday: 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to noon (21 km) Trail: Old city routes are paved and have steps; trails in the surrounding area are hilly and wooded Award: From previous

imersdorf/Saar (66780) — This Saarland event is west of Dillingen and only a few kilometers from the Luxemburg border, yet it's easily reached by autobahn by readers of the KA. From the KMC, use Autobahns

Weekend of Feb. 28-March 1

reifenstein-Beilstein (35753) — This Sunday-Jonly event is west of Giessen and a bit distant for all but the most dedicated wanderers. Those seeking a challenge will find it here with a 42-km trail, Germany's second marathon of the year. From Giessen use B-49 west to Biskirchen and an unnumbered road north through Greifenstein to the start at Beilstein. When using Autobahn 45 take the Herborn-Süd (27) or Ehringshausen (28) exits to follow IVV signs to the start. From Wiesbaden, use Autobahns 66 toward Frankfurt and 3 toward Koblenz. Use the Raststätte Limburg-West/B-54/B-49 exit, and take B-49 toward Wetzlar. At Löhnberg, pick up a minor road to Niedershausen and Odersberg to reach Beilstein.

Start: Gemeindesaalbau at Hauptstrasse 90 Saturday: 8

a.m. to 2 p.m. (6 and 10 km) Sunday: 8 a.m. to 1 p.m. (6

and 10 km) Trail: Expected to be somewhat hilly, woods

Start: Sportheim und Sportgelände on Sportplatzstrasse Sunday: 6:30 a.m. to 2 p.m. (5 and 10 km), 6:30-11 a.m. (20 and 30 km) and 6:30-9 a.m. (42 km) Trail: Fairly hilly, woods Award: None (shorter trails) or patch and

Weekend of March 14-15

rolsheim (55459) — This walk is just south of ■Bingen and offers a variety of trail lengths, to include a Saturday marathon celebrating the club's 60th event. From Wiesbaden, use Autobahns 643 and 60 toward Bingen, take the St. Goar exit to connect with B-9, and then the Gensingen exit to pick up B-50. From there, head south toward Bad Kreuznach and follow IVV signs to the start. From the KMC, use Autobahns 6 toward Mannheim, 63 toward Mainz, and 61 toward Koblenz. Exit at Bad Kreuznach (51) and follow B-41 to Gensingen, and B-50 to Grolsheim

and the start.

Start: Nahelandhalle at Aspisheimer Weg 32 Saturday: 7 a.m. to 2 p.m. (5 and 10 km), 7 a.m. to noon (20 and 30 km) and 7-9 a.m. (42 km) Sunday: 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to noon (20 and 30 km) Trail: Shorter trails are mostly flat, longer trails are hilly; fields, local neighborhoods and some woods Award: From previous events or certificate and

Outdoor Recreation trips

Wiesbaden Outdoor Recreation offers a Kaprun,

Austria ski and snowboard trip Jan. 30 – Feb. 1, Carnival in Venice Feb. 6-8, a Stubaital, Austria ski and snowboard trip Feb. 6-8, a President's Day ski and snowboard trip in Saas Fee Almagell, Switzerland Feb. 12-16, a Black Forest ski and snowboard trip Feb. 16 and 21, Paris Express Feb. 28 and a ski and snowboard trip in Interlaken, Switzerland. Call civ (0611) 143-548-9801 for more information.

USO travel

Join the USO for trips on the Wiesbaden Magic History Walking Tour Jan. 31, Amsterdam Express Jan. 31, Milan Express Feb. 7, Aqualand Köln Indoor Water Park Feb. 7, Romantic Brugge & Antwerp Tour Feb. 14-15, Auerbach Castle Knights' Banquet Feb. 14, Carnival in Schramberg: Boat Race and Parade Feb. 16. Paris Express Feb. 21 and Riesling Route Feb. 22. Stop by any area USO or call civ (0611) 143-548-5106 for more information.

Ham radio license

Interested in getting a ham radio license? Learn Federal Communications Commission rules and safety at a test session conducted by



Peer over Paris from the top of the Notre Dame.

the American Radio Relay League March 1 from 10 a.m. to 5 p.m. at the Buergerhaus in Giessen. Contact

Things to do ... Things to do www.arrl.org for more in-

nr2y@hotmail.com or visit

European military music and marching

Europe's largest military and marching show comes to Frankfurt's Festhalle Jan. 30. Complicated choreography, colorful uniforms and martial music will entertain guests. Tickets are €32. Visit http:// www.musikparade.com/x en/show en.html for more information.

Wiesbaden concerts

Schlachthof Wiesbaden offers concerts ranging from hardcore punk to reggae to folk, as well as parties, flea markets and movie showings. Upcoming events include Cold Specks and Still Parade folk/neo-soul concert Jan. 30, post-hardcore concert Funeral for a Friend, No Bragging Rights and FJØRT Jan. 31 and world pop concert Amparo Sanchez Feb. 2. Visit www. schlachthof-wiesbaden.de for more information.

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Sports and leisure

Sports shorts

Support Warriors sports

Get out and show your support for Wiesbaden High School winter sports teams. The basketball teams host Ramstein Jan. 31 with action starting at 1 p.m. Kaiserslautern comes to town Feb. 7. Wiesbaden hosts the Department of Defense Dependents Schools European Wrestling Championships Feb. 13-14 and the DoDDS-Europe Basketball Championships Feb. 18-21.

Spring sports registration

Registration is open for Child, Youth and School Services' Spring Sports (t-ball, baseball, softball, soccer, golf, tennis and track and field). Call Parent Central Services at civ (0611) 143-548-9356.

Free exercise classes

Wiesbaden Sports and Fitness offers free zumba classes Mondays at 9 a.m., Tuesdays at 10 a.m. and Thursdays at 9:30 p.m.; aerobics (turbo kick and cardio circuit) Wednesdays at 9 a.m. at the Army Community Service cafeteria in Hainerberg Housing (Building 7790). Call civ (0611) 143-548-9201 for details.

Recreational shooting

Head to the Wackernheim Range (Ober-Olmer Strasse 37, 55263) to enjoy some recreational shooting Feb. 21 and March 21. Cost is \$8 with membership in Wiesbaden's Hunting Fishing and Sport Shooting Program, \$12 for non-members. First-timers must register for the mandatory safety briefing by 9:45 a.m. Call Outdoor Recreation at civ (0611) 143-548-9801 for more information.

IMCOM-E volleyball tournament

The Wiesbaden Fitness Center is the site for the 2015 Installation Management Command Volleyball Tournament Jan. 31. Registration is free and open to the first four men's and women's teams that sign. Call (0611) 143-548-9830 for more information.

Fitness options

The Wiesbaden Fitness Center offers a variety of fitness classes to keep in shape in the new year. More than 15 instructors offer classes that include spin, yoga, body tone pilates, circuits, TRX, Krav Maga and more. Check out the schedule of fitness classes at http://wiesbaden.armymwr.com. Classes are \$5 each or \$45 for a book of 10 vouchers.

Wiesbaden volksmarching club

If you love volksmarching, the Wiesbaden International Wandering Club invites you to become a member. As a member you can participate in bus trips, monthly meetings and other events. Find out about upcoming events by visiting www.wiwcvolksmarching.de or attend a general membership and information meeting on the third Monday of each month at the Landchen Restaurant and Sportsbar (Oberfeld 7, 65205 Wiesbaden-Erbenheim).

New fitness center hours

The Wiesbaden Fitness Center has new hours as of Jan. 1. The center is now open Monday through Friday from 5 a.m. to 9 p.m.; Saturdays, Sundays, federal and training holidays from 8 a.m. to 6 p.m. Call civ (0611) 143-548-9831 for more information.

Between coffee and kadosh

Jaffa and Jerusalem offer escape from German winter

Story and photos by Anemone Rueger

U.S. Army Garrison Wiesbaden Public Affairs Office

For those who can't wait until March to see the sun come back out again, four flight hours may bring an attractive interim fix.

New cafes and bars have popped out of the ground in both Tel Aviv-Jaffa and Jerusalem, offering something for shivering Europeans off the beaten tracks of Israel's more frequented holy sites.

Tel Aviv's Florentin neighborhood, formerly a neglected industrial area with workshops and messy backyards, is developing into the place to be on a weekend, and for that matter, any night of the week — for a different, artsy kind of ambience, to get freshly made nana (fresh mint) lemonade in Florentin Street or some decoration item right around the corner. Those preferring a white table cloth just need to head a little north in the city to enjoy the many restaurants in Rothschild Boulevard. Not to forget, try some local fish with up to 20 appetizers that come with



Fresh bread is offered in a narrow alley of the Mahaneh Yehuda market in Jerusalem, tucked in between two-table cafes, vegetable and meat booths.



Side streets in ancient Jaffa are lined with cafes. Photo below: A boat waits to go out for the next catch in the old Jaffa harbor.

it in the inviting Tel Aviv marina or the nearby ancient port of Jaffa.

With a sherut van, an inexpensive alternative to rental cars and taxis, the ageless city of Jerusalem is just an hour's drive away. Dive into the up-and-coming café street of Emek Refaim for variations of Mediterranean food, the Waffle Factory and numerous little jewelry stores, or walk on the former

railroad track coming into Jerusalem to get the "Energy" smoothie at the Tahana—the old train station dating back to the Ottoman Empire, to-

> day an ever-evolving platform for art performances, modern souvenir stores and more cafes. The busy Ben Yehuda pedestrian street is, of course, always a magnet for the best falafel and frozen yogurt, but the side streets can certainly compete now, like the Vienna-style café Kadosh meaning holy in Hebrew, in



Shlomtzion Street. For a good salad and a unique view of the Old City Wall and David's Citadel, sit down on the terrace of the Rimon café in the new-built, old-style Mamilla mall.

Don't miss the "Mahane Yehuda" souk — a labyrinth offering heaps of fresh fruit, spices, pastry, fish and delicatessen and stop at one of the little "holes in the wall" for a cappuccino before you continue the shopping spree. While public life pretty much comes to a standstill on Shabbat in the Holy City, some places now cater to far-traveled visitors, such as the cozy wine bar in the Jerusalem Theater on Chopin Street or the Cinematheque on Hebron Road, looking out on the Temple Mount and the Mount of Olives.

Major's League action

Jordan McKay tries to fight through the defensive challenge from Jordan Howard and Ivory McFadden during Child, Youth and School **Services Majors League** basketball action Jan. 24 at the Wiesbaden Middle School Multipurpose Room.

Photo by Chrystal Smith



Bulletin board





Movie plots

Jupiter Ascending (PG-13) - From the streets of Chicago to the far-flung galaxies whirling through space, "Jupiter Ascending" tells the story of Jupiter Jones (Mila Kunis), who was born under a night sky with signs predicting she was destined for great things. Now grown, Jupiter dreams of the stars but wakes up to the cold reality of a job cleaning other people's houses and an endless run of bad breaks. Only when Caine (Channing Tatum), a genetically engineered ex-military hunter, arrives on Earth to track her down does Jupiter begin to glimpse the fate that has been waiting for her all along — her genetic signature marks her as next in line for an extraordinary inheritance that could alter the balance of the cosmos

Black or White (PG-13) — The story of a grandfather (Kevin Costner) who is suddenly left to care for his beloved granddaughter. When her paternal grandmother (Octavia Spencer) seeks custody with the help of her brother (Anthony Mackie), the little girl is torn between two families who love her deeply. With the best intentions at heart, both families fight for what they feel is right and are soon forced to confront their true feelings about race, forgiveness and understanding. Anchored by an allstar cast and based on real events, the movie is a look at two seemingly different worlds in which nothing is as simple as black or white.

American Sniper (R) — U.S. Navy SEAL Chris Kyle is sent to Iraq with only one mission: "to protect his brothers-in-arms." His pinpoint accuracy saves countless lives on the battlefield and, as stories of his courageous exploits spread, he earns the nickname "Legend." However, his reputation is also growing behind enemy lines, putting a price on his head and making him a prime target of insurgents. He is also facing a different kind of battle on the home front — striving to be a good husband and father from halfway around the world. Despite the danger, as well as the toll on his family at home, Chris serves through four harrowing tours of duty in Iraq, personifying the spirit of the SEAL creed to "leave no one behind." But upon returning to his wife, Taya (Sienna Miller), and kids, Chris finds that it is the war he can't leave behind.

The Boy Next Door (R) — Jennifer Lopez stars as a newly separated mother who begins an affair with a new teenage neighbor who befriends her son. Trouble ensues, however, when she tries to abruptly end the relationship.



Angelina Jolie directs and produces "Unbroken," an epic drama that follows the incredible life of Olympian and war hero Louis Louie Zamperini (Jack O'Connell) who, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII — only to be caught by the Japanese Navy and sent to a prisoner-of-war camp. Adapted from Laura Hillenbrand's (Seabiscuit: An American Legend) enormously popular book "Unbroken" brings to the big screen Zamperini's unbelievable and inspiring true story about the resilient power of the human spirit.

At the movies Jan. 28 - Feb. 11

Tony Bass Auditorium

Jan. 29 — The Boy Next Door (R) 7 p.m. Jan. 30 — Project Almanac (PG-13) 7 p.m.

Black or White (PG-13) 9 p.m.

Jan. 31 — Strange Magic (PG) 3 p.m.

Project Almanac (PG-13) 5 p.m.

Black or White (PG-13) 7 p.m.

Feb. 1 — Black or White (PG-13) 4 p.m.

Project Almanac (PG-13) 6:30 p.m.

Feb. 2 — Closed

Feb. 3 — Closed

Feb. 4 — Closed

Feb. 5 — Black or White (PG-13) 7 p.m.

Feb. 6 — Jupiter Ascending (PG-13) 6:30 p.m.

American Sniper (R) 9 p.m.

Feb. 7 — The SpongeBob Movie: Sponge out of Water (PG) 2 p.m.

Unbroken (PG-13) 4 p.m.

American Sniper (R) 7 p.m.

Feb. 8 — The SpongeBob Movie: Sponge out of Water (PG) 3 p.m.

Jupiter Ascending (PG-13) 6 p.m.

Feb. 9 — Closed

Feb. 10 — Closed

Feb. 11 — Closed

Feb. 12 — Closed

Editor's Note: Renovations of the Taunus Movie Theater began Jan. 12, and until mid-May movies will be shown at Tony Bass Auditorium / Clay Kaserne Building



Spongebob goes on a quest to discover a stolen recipe that takes him to our world, where he tangles with a pirate in "The Spongebob Movie: Sponge Out of Water."



As a group of friends discover plans for a time machine, they build it and use it to fix their problems and personal gain in "Project Almanac." But as the future falls apart with disasters, and each of them disappear little by little, they must travel back to the past to make sure they never invent the machine or face the destruction of humanity.

Page 14 Herald Union Jan. 29, 2015.....www.wiesbaden.army.mil







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Page 16 **Herald Union** Jan. 29, 2015 www.herald-union.com







Fasching is a traditional German celebration – also known as Karneval or Fastnacht. It is carnival season, which has been celebrated for centuries by people worldwide with German heritage. It's utterly bonkers and terrific fun – get involved!

Fasching can be documented back to pre-Roman times. These times were extremely difficult for the average person and so the carnival season was a chance to be free, enjoy life and have some fun in a world where fun was non-existent for many. The masks and costumes of today date back to the medieval times when they were not in place as fun decorations but as ways to avoid punishment and persecution as carnival goers would mock the strict rulers of the day. Had they not used masks to disguise themselves they would have been caught and death would have been an inevitability.

Fasching is celebrated in all German speaking countries and it's timing in the year is poignant as it is just before the fasting season of Lent, which is when many people will forsake food as a sacrifice for religious reasons. Fasching allows a person to have a huge celebration, indulge, enjoy and embrace all that is good before things are out of bounds during Lent.

Germany is the country which holds the largest and most vibrant carnivals to celebrate the Fasching season with every city having it's own celebrations. The city of Cologne (Köln) probably holds one of the biggest carnival celebrations in the country. Many places of work see this time as a public holiday, though it is not yet officially recognized as one. This means to have the time off, your boss needs to be a fan!

Altweiber Fastnacht

The Fasching celebrations begin with the 'Woman's Carnival' which happens on the Thursday before Ash Wednesday, also known as Altweiber Fastnacht. This is a day when women can express their freedom and have a lot of fun! Ladies are encouraged to cut the ties of men and also place kisses on a man of their fancy, it is a flirty, fun and much looked forward to event – from both genders!



Rosenmontag

Rosenmontag or Rose Monday is what comes next; this is a major highlight with many dancers, marching bands, float parades and streets filled with entertainment for all. These days the masks mentioned are more extravagant and more modern with the faces of politicians and prolific figures caricaturized upon them. Look out for masks and edifices of German leader, Angela Merkel!

Fastnachtdienstag

The celebrations come to an end on Ash Wednesday but prior to this is the much sought after Shrove Tuesday or Fastnachtdienstag in German. This is where you get down on your finery and attend many costume balls that are held all over Germany.



Costumes

Fasching is very much a time where everyone, and especially children, like to dress up in fancy dress to take part in the fun. You will notice all the German department stores around you will start promoting their fancy dress costumes ready for the parties and parades of Fasching. For those of you based in Wiesbaden, you can save 10% off Fasching costumes you buy at Party Schlaudt Wiesbaden – see page 129 of the 2015 Find it Guide for a discount voucher.

Narrenrufe

Narrenrufe is the collective name of the various Carnival greetings that people call out to each other in the street during carnival season. Each city/region tends to have its own so its good to learn your local Narrenruf so you can join in the fun!



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Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost! outh Activities



Herald Union Jan. 29, 2015..... www.herald-union.com Page 20

Chill Time Teresa and Melanie chill at the Teen Center. **Video Games** Wiesbaden youth gather around one of the center's four video game stations. It also has eight big-screen TVs

Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!













Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost! outh



Page 22 Herald Union Jan. 29, 2015...... www.herald-union.com

Computer The Teen Center also features WiFi. Teen Center staff member Rebecca Shultze and a group of youth work in the "technology lab." **Teen Center** staff professionals Accomplished musician and performer Kevin Iszard demonstrates how to mix tracks while teens Makela (left) and DeAngelo (right) observe. The Wiesbaden Teen Center music program has won three world-wide recognitions for music excellence. Recording Teen Center staff member Hillary Koci looks on as Krishten works in the center's recording studio.

Youth Activities

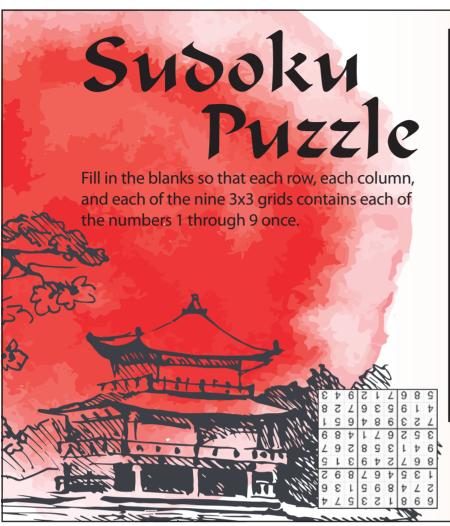
Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



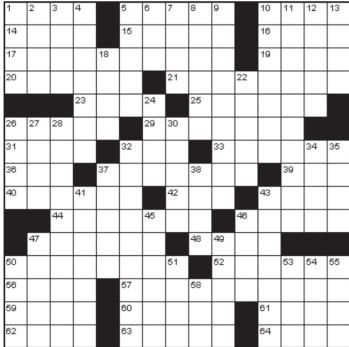




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This week's solution! Courtesy of thinks.com

ACROSS

1 Shapeless mass

5 Present occasion

10 Small bird

14 Himalayan holy man

15 Counting every thing

16 Exasperate

17 Grove growth

19 Facts, briefly

20 Kind of bone

21 Collapsing

23 Sibilant sound

25 Add

26 Winter forecast

29 Inexpensive lodgings

31 Vitamin C source

32 Silver fox, e.g.

33 Ring combination

36 Israeli gun

37 "Amadeus" antagonist

39 "Yes, I see!"

40 Rogue

42 Many college grads

43 Worry 44 Devilish

46 Value

47 Texas-Louisiana border river

48 One who succeeds

50 Throttle

52 Home of St Francis

56 Place to hole up

57 Abused

59 Kind of arch 60 Paul or Carly

61 Ship's spine

62 Pioneer's heading

63 Dry runs

64 TV award

DOWN

1 Ink stain

2 "Doctor Zhivago"

heroine

3 Gen. Bradley

4 Wailing spirit

5 Nobelist Bohr

Abbr.

7 Pusher's pursuer

6 Where Ottawa is:

8 Golf shoe features

9 They have their ups and downs

10 Crease

11 Beatle with the beat

12 Puckish

13 Inert gas

18 Amble or shamble

22 Boadicea's people

24 Rebbe's locale

26 Disparaging remark

27 Minnelli of stage

and screen

28 Envoys

30 Pygmy antelope

32 Franco follower

34 Put an edge on

35 Solemn vow

37 Lustrous fabric

38 Apiece

41 Nightspot entertain-

ment 43 Abandon

45 Melodic Melba

46 Sage

47 Wild West transport

49 Brings in

50 Unhurried

51 "Desire Under the

53 Bit of news

54 Appear

55 Without purpose

58 Moppet



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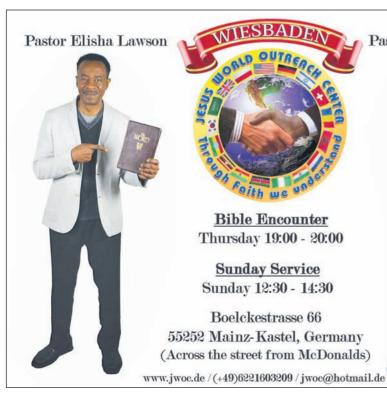


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Page 26 **Herald Union** Jan. 29, 2015..... www.herald-union.com

Have fun with the locals



Music parade

Fri, Jan 30 Frankfurt, Festhalle

Europe's biggest military and marching music show attracts thousands of visitors every year. The tour stops in most big cities, making it one of the most successful German musical productions. Not only their world famous guests and perfectly orchestrated music performances, but magnificent uniforms, colorful extras and extravagant choreographies promise to keep you entertained for three hours. For more info and tickets visit www.musikparade.com

EVENTS

15 years Freinsheimer Hof

Sat, Jan 31 Freinsheimer Hof, Freinsheim

Come and celebrate 15 years Freinsheimer Hof on January 31. Starting at 6p.m. you can enjoy the "Küchenparty"! For more information call 06353 5080410.

Magic of the Dance

Sun, Feb 1 Mannheim, Rosengarten

Magic of the Dance is a fascinating dance show that tells a love story through breathtaking tap dance routines. Be charmed by the Irish dancers and experience a show like no other you have seen before. The music contains modern as well as traditional rhythms. For more info visit eventim.de

Carnival party for kids

Sun, Feb 1

Wiesbaden, Turnhalle TSG Sonnenberg

Enjoy a great day out with the whole family at the children's costume party in Wiesbaden on February 1 in the Turnhalled TSG Sonnenberg. Kids can have fun and dance around in their costumes. Fun activities will ensure a fun afternoon. Cake and fries are available for the children to eat. The party starts at 3 p.m. to 6 p.m. For more information go to www.wiesbaden.de

Weekly market

Tue, Feb 3 Mainz, Am Dom Liebfrauenplatz The city of Mainz has a weekly market that is open on Tuesdays, Fridays and Saturdays from 7am to 2pm. You can purchase any fresh and regional produce that your heart desires, from cheese, vegatables, meat and so much more. During the warmer seasons you can purchase wine, asparagus, and strawberries. For more information visit www.wochenmarkt-mainz.de

Museum of carnival history

Sat, Feb 7 Mainz, Fastnachtsmuseum

Want to know more about Fasching (carnival) and how it all came to be? Come to Mainz in the Fastnachtsmuseum. See the costumes people wore many years ago. English leaflets will be available for you to read as you stroll through the museum. The museum is closed on Mondays but open from Tuesday to Sunday from 11a.m. to 5 p.m. Entry price is €1.50 for adults, children under the age of 14 pay €0.50. For more info visit www.mainzer-fastnachtsmuseum.de

Women's carnival day

Thu, Feb 12 Köln, Alter Markt

As tradition has it, only women celebrate Weiberfastnacht (Women's Carnival Day). If you would like to join the tradition come to Köln to celebrate on February 12. The event starts at 11 a.m. The main event with the Triumvirate and the Lord Mayor of Cologne takes place at the Alter Markt (old market square). Come dressed and ready for a good party. For more info visit the web page www.koelntourismus.de

Old women's carnival

Thu, Feb 12 Bad Kreuznach, Kornmarkt

Don't miss the traditional German Altweiberfastnacht (Old Women's Carnival) at the Kornmarkt in Bad Kreuznach on February 12 from 11:11 a.m. to 8 p.m. The city is famous for its spa and health resorts, however once a year about 15,000 carnivalists come to town to celebrate in the fenced area around the Kornmarkt – in the "Narrenkäfig" (Jester's Cage). A tip for you: Only wear a tie that day if you can handle a crowd of women who want to cut a piece off it! Admission is €4. For more info see www.bad-kreuznach-tourist.de

Fasching market

Thu, Feb 12 – Tue, Feb 17 Mannheim, Wasserturm

The Fasching Market in Mannheim will be held from February 12 to February 17 at the Wasserturm in Mannheim. Fairgrounds, carnival clubs and restaurants offer entertainment during this time frame. On Sunday, February 15 there will be a Fasching parade throughout the city. For more information visit www.relaunch.gmm.de

CONCERTS

The Kooks

Mon, Feb 2 Offenbach, Stadthalle

The Kooks are a British rock band that formed in Brighton. They are going on tour this year. See them live in Offenbach am Main. The show starts at 8 p.m.

Ticket prices start at €36.10. For more information visit www.eventim.de

Simple Minds

Wed, Mar 4

Wiesbaden, Kulturzentrum Schlachthof

Simple Minds are performing in Wiesbaden on March 4. See them during their major tour this year. The show starts at 8 p.m. and ticket prices start at €50.70. For more information visit www.eventim.de

SPORTS

Motorbike Day

Sun, Feb 1 Kelkheim, Stadthalle

Join the Motorbike Day at the Stadthalle Kelkheim on February 1st from 9 a.m. to 6 p.m. Find new trends and models from leading manufacturers on an area of about 6,600 square feet. Exhibitors include Kawasaki, BMW, Vespa, Suzuki, Indian and many more. Local shops for motorbike clothes, maintenance items and accessories will be part of the fair as well. Admission is €3, children up to the age of 12 are admitted free. For more info see www.motorbikeday.de

Basketball

Sat, Feb 7

Mainz, ASC Theresianum Mainz e.V.

Why not check out a local basketball game over the weekend. The ASC Theresianum Mainz is playing against ifm Baskets Konstanz on February 7. The game starts at 8 p.m. For more information visit www.asc-theresianum-mainz.de

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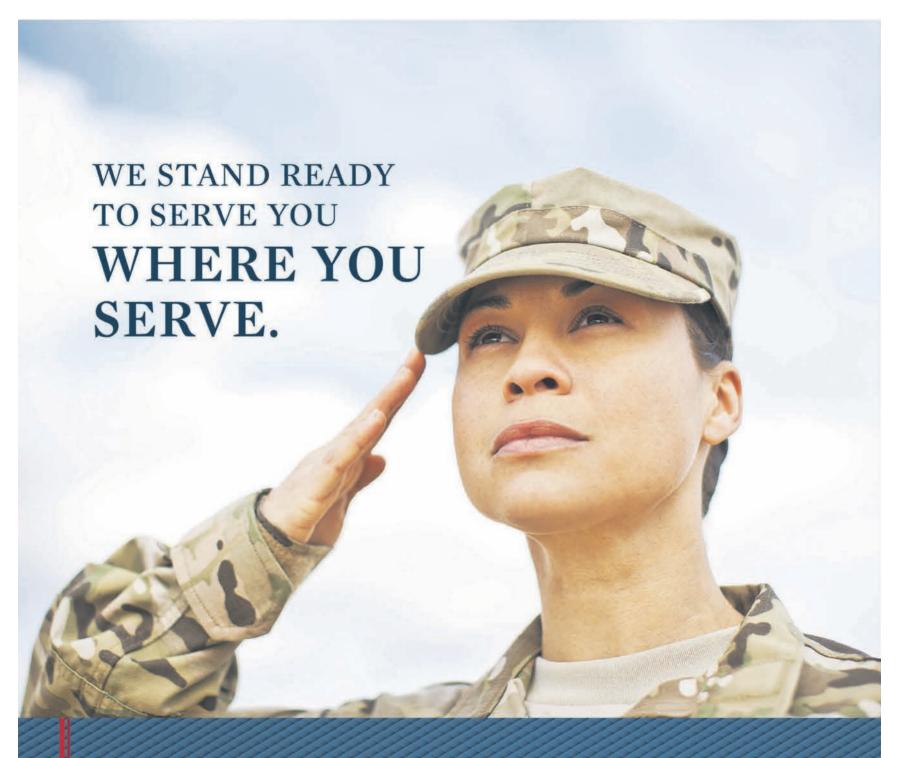
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Antique 100 y.o. German china cabinet, matching dining table with 4 chairs. See photo on KA classifieds web page. Contact Eric and Mia at 063759949674., €950, eyates9761@aol.com

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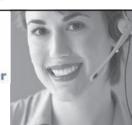
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